

ewi CONNECT

KNOXVILLE CHAPTER NEWSLETTER
ewiknoxville.com

CONNECTIONS

CAREERS

COMMUNITY

November 2015



FROM EWK/ KNOXVILLE PRESIDENT

November 2015

Ladies,

The coolness is in the air and the trees changing to their beautiful hues of orange, red and gold. Fall is here and it is the beginning of another great year of EWK.

We just had another successful auction. This year was a sell-out! We had a lot of beautiful baskets and great items to bid on. I would like to take this opportunity to thank everyone for your donations and support. I would also, like to thank Terrie Arp, Charity Wilson and their auction committee for an *amazing* job. Well done ladies!

Yesterday was our Executive Appreciation lunch the Orangery with guest speaker Dave Tussey, who has just recently retired as Senior Human Resources Business Partner for Scripps Networks Interactive. Dave led us through some humorous but relatable stories and ultimately reminded us that we must keep educating ourselves and learning – despite the age differences of those around us. We all need to know what to do “when the fish stop biting.”

In December we are planning to do the ornament exchange a little differently. On December 15 at 5:30 pm we will be meeting at Liza Moz, and painting our own Christmas ornaments, or you can pick another item of your choice. We hope you will plan to attend as it will be a lot of fun. Food and drink will be provided. More information will be sent as the time gets closer.

Thank you for everything that you do, I appreciate it greatly!

Sincerely,
Zandra Coppenger

2015 - 2016 EXECUTIVE WOMEN OFFICERS & DIRECTORS

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October 2015 Meeting

EWI Auction



Going, Going, GONE!

Our 2015 fundraising auction was a tremendous success thanks in large part to our Chair, Terrie Arp, and Co-Chair, Charity Wilson. We really appreciated the hospitality that member firm Downtown Hilton provided and all of the efforts of

representative Glessia Woodruff and her staff. While we are still processing receipts, payments, etc., we raised over \$11,000 for our chapter with 111 basket items including 10 live items.



As it is the “giving season” we would especially like to remind you to continue to thank our donors and sponsors, in the most tangible way – repeat business! If you have the opportunity to make a purchase from one of these businesses, please do so and thank them once again for their generosity.

In addition to our EWI Member firms and Representatives, we say thank you to our generous donors:

- | | | |
|------------------------|--------------------------|-----------------------------|
| Alumni Hall | Elliott's Boots | Neighborhood Barre |
| Ambius | Fairways & Greens | Not Watson's |
| Avalon Golf Course | Fast Frame | Northshore Brasserie |
| Backporch Mercantile | Fig & Company | Nothing Too Fancy |
| Barre 3 | Fisher Tire | Ole Smoky Moonshine |
| Big Kahuna Wings | Fizz | Painting with a Twist |
| Bijou Theatre & Bistro | Fleming's | Park Vista |
| Bistro by the Tracks | Flower Pot | Patricia Nash |
| Bluetique | Fontana Vaillage | Petsafe Village |
| Bonefish Grill | G&G Interiors | Pier 1 |
| Brown Bag | Glass Bazaar | Provision |
| Bullman's Kickboxing | Go Dance Knoxville | Ripley's Aquarium |
| Buttermilk Sky | Golf Tec | Rita's Italian Ice |
| Carolina Ale House | Green Mountain | River Dog Bakery |
| Carolyn Mowery | Harpers Bikes | Riverstone Resort & Spa |
| Catering Unique | Holston Hills | Ruth Chris |
| Charming Charlie | Home Goods | Salon Euphoria |
| Chipotle | Ideal Image | Short Sheet Fabrics |
| Chuy's | Ironic | Southern Market |
| Connor's Concepts | Jason's Deli | Sugarlands Distillery |
| Costco | Kimball's Jewelers | Tennessee Theatre |
| Crossfit 865 | Kinnucan | Turkey Creek Wine & Spirits |
| Crouch Florist | Knoxville Symphony | Volcue |
| Davis Studios | Lakeside Tavern | Val's Boutique |
| Diane Warner | Lizard Thicket | Vera Bradley |
| Dollywood | Lodge at Buckberry Creek | Visit Knoxville |
| Dream Katcher Lodge | Longhorn Steakhouse | Volunteer Princess |
| Earth to Old City | Marriott Meadowview | Which Wich |
| Eddie's Health Shoppe | Massage Envy | Wild Wing Café |
| Einstein Bros | Medi-Spa | Wonderworks |
| Elle Boutique | Mobley Photography | Yankee Candle |

Member Firms

- Appalachia Business Communications
- BEH Group
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- Bush Brothers & Company
- Coca Cola Refreshments
- East Tennessee PBS
- Employbridge/Staffing Solutions
- Hilton
- Home Federal Bank of TN
- Holbrook, Peterson, & Smith
- Jason's Deli
- King University
- Knox County Government
- Knoxville Chamber
- Lattimore, Black, Morgan & Cain, PC
- McKibbon Hotel Management, Inc.
- Pellissippi State Community College
- Pilot Travel Centers LLC
- SunTrust Bank
- TIS Insurance
- Tennessee Valley Authority
- U.S. Cellular
- WBIR TV 10

Committed to Creating Balance

By [Jessica Mcgregor Johnson](#) [Career / Personal Development](#), [Health & Wellbeing](#)

Our lives are just so busy, full of things that seem important, and we approach them as though the world could end if we did not get it all done. I was speaking with a client recently who works in banking who told me of a recent 17-hour day because her Boss insisted that a piece of work was urgent.

Nothing is *that* urgent. The world does not end if something has to wait until the next day. The sad thing is that if we were all that committed to our personal lives, to our families and friends then there would be balance. But what is the first thing to suffer when we hit a “world might end” draw on our time? Yep, our families, friends and even us pay the price.

So what would it take for you to commit to you? What would it take for you to block out time for your family, friends and yourself in your diary and make that as sacrosanct as the demands you deal with at work?

A deep and abiding commitment to balance. Recently I had a client come on retreat, two days away from the world to review her life. One of the intentions she set was to look at the balance in her life. She has a 4 year old and she had begun to realise that there is only ever one 4th birthday party.

Her feeling was that she could not carve out any more time for her family, relationship and friends but as we chatted she began to see that it was actually her choice. Rather than piling up the “world might end” things to get done she saw she could shift the balance. Yes it was going to take longer to reach her goals but she will now get to live her life whilst walking towards her goals rather than running and not noticing that her life was passing her by.

The first step to that is making a 100% commitment. 99.9% is not enough. Just consider how a 99.9% would affect certain work situations:

- One hour of unsafe drinking water every month
- Two unsafe landings at Heathrow every day
- 20,000 incorrectly filled prescriptions every year
- 22,000 transactions deducted from the wrong bank account each hour
- Your heart failing to beat 32,000 times each year

When you look at it like that 100% commitment is crucial. And it is crucial to create balance in your life.

So where to start?

Firstly work out where you are not in balance. Do a stock take of where you are right now. Then be honest with yourself and only put down the things that you want to change, there is no room for “should” here. “Shoulds” are things we take on that are not necessarily from the heart. Balance is created when we are listening to our hearts.

On the Agenda:

December 3: Ring the Bell
Red Kettle Campaign
benefiting The Salvation
Army. New Location: JC
Penney Entrance

December 8: EWI Board
Meeting

December 15: Christmas
Celebration at Liza Moz
Ceramic Studio
5:30 pm

The 2016 Program
Agenda will be
presented to the
Board of Directors at
the December 8
meeting. Once
approved, we will
publish the full
calendar here. It will
be a full and exciting
year!

Committed to Creating Balance (Continued)

Once you have done your stock take pick one thing that you'd like to shift the balance with. I say one because if you try to do everything at once it will simply be too much. Slowly is how you create balance, one thing at a time. Once that commitment has been fulfilled you can look at your list again and pick another thing.

This is particularly helpful if you are employed and not the master of your own time. You may need to do some re-educating of your boss and that needs a soft touch.

Then, make the commitment, the 100% commitment. Not just to yourself but include the other person if there is someone else involved or chose an accountability buddy to make the commitment too. This does not mean that they nag you about it, it is more that they witness you and at agreed times simply ask you about it. It is proven that we are 98% more likely to follow through on our commitments when we have told our commitment to someone.

And the bonus for doing all this is that not only do you get to bring balance back into life but also you get to feel so good. There is nothing better than making a commitment and doing it! It is great for your self-esteem, and you are more likely to continue in the face of success.

Your life is for living every day. As I say at the bottom of all my emails; "Life is too short not to live it to the full – every day." Ensuring you have balance in your daily life is a key to this. So go enjoy life – it's supposed to be fun!

(Used with permission from Executive Secretary Magazine)

November 17, 2015 Photos



From the Mail Bag:



**PELLISSIPPI STATE
COMMUNITY COLLEGE**
ACHIEVING SUCCESS, ONE STORY AT A TIME

FOUNDATION

September 22, 2015

Ms Jean Martinez
Executive Women International Scholarship
11016 Center Cross Dr
Knoxville, TN 37934-7022

Dear Ms Martinez:

I want to extend the Foundation's sincere appreciation for your donation of \$2,500.00. This donation will benefit the Executive Women's International Scholarship fund.

Your gift, for which no goods or services were provided, will help us continue to furnish our students with the quality educational opportunities for which Pellissippi State is recognized. Thank you for your support of the Foundation, the College and our students.

Sincerely,

Peggy M. Wilson
Vice President of College Advancement and
Executive Director of the Foundation



To my friends in EWI-
Thank you so much
for the donation sent to
The Hospice Foundation
in honor of my father,
Arnold Emory White.
Even more, thank
you for the kind thoughts
and prayers sent my
way during this sad
time! It does help.
Jay Sutton

During a time
like this
we realize how much
our friends and relatives
really mean
to us....
Your expression
of sympathy will always
be remembered

October 15, 2015

Executive Women Intl.-Knoxville Chapter
c/o Jean Martinez
11016 Center Cross Drive
Knoxville, TN 37934

Dear Jean,

As a first time contributor to The Hospice Foundation, you have joined an extraordinary group of individuals who share a common desire to improve end-of-life care in our community. Every patient at Hospice & Palliative CareCenter wants to finish their life story on their own terms. Our mission is to help them do that by threading the best possible days together – creating a string of good days– that turn into weeks and months.

Thank you for your thoughtful gift of \$50.00 that we received on 10/13/2015 in memory of Arnold E. White and for bringing comfort, hope and peace to our patients and families. The Hospice Foundation is a nonprofit fundraising entity dedicated exclusively to supporting the current and future needs of Hospice & Palliative CareCenter. Because of your help, we will be able to continue and expand our programs for generations to come.

The work of Hospice & Palliative CareCenter can only happen through the generosity of those who understand and value its special mission – to provide compassionate care when it's needed most. If you have any questions regarding the work we do, please give us a call at (336) 768-3972. We would love to hear from you.

With sincere appreciation,

Ellen Coble
Executive Director

Thank you for your
support!

Gifts to The Hospice Foundation are tax deductible as provided by law. Unless otherwise stated, no goods or services were received in exchange for your contribution. Please keep this letter as your receipt.